



**FOR IMMEDIATE RELEASE**

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**New Set of Healthy SC Challenge Tips Released**  
**First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use**

**Columbia, S.C. – April 28, 2006** – The Healthy SC Challenge is the Sanford family's effort to get all South Carolinians to do just a little more to live a healthier lifestyle.

The brief tips are designed to encourage individuals and communities to live healthier lifestyles in three categories - nutrition, exercise and help to quit smoking. The tips can also be found on the challenge's website, **[www.healthysc.gov](http://www.healthysc.gov)**.

**Healthy Tips – Week 52**

***Nutrition***

Eat an abundance of brightly colored fruits and veggies to take advantage of their immune-boosting phytochemicals, vitamin C and beta carotene. Berries, whole citrus, kiwi, apples, red grapes, kale, onions, spinach, sweet potatoes and carrots are especially good.

– Ann Kulze, MD – Nationally recognized nutrition and wellness expert

***Physical Activity***

Kill two birds with one stone... do indoor chores, while incorporating physical activity. Exercise your limbs with window washing, mopping, tub scrubbing, or reorganizing shelves of your cupboards or closet.

– Governor's Council on Physical Fitness

***Tobacco***

The first key elements to quitting is making the decision to quit. The Health Belief Model says that you will be more likely to stop tobacco use if you:

- believe you could get a tobacco-related disease and this worries you;
- believe you can make an honest attempt at quitting; and
- believe the benefits of quitting outweigh the benefits of continuing tobacco use

– **American Cancer Society**

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*The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit **[www.healthysc.gov](http://www.healthysc.gov)**, or contact Meghan McGuire at 803-737-2325.*